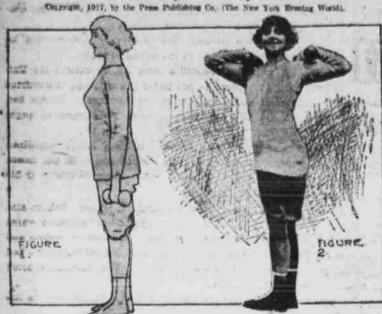
For Physical Preparedness U. S. Army Exercises

Posed by Pauline Furlong

The Evening World Publishes These Exercises to Help All Men and Women Prepare for Any Call to Service.



SECOND SET-Dumb-Bell Exercise No. 4.

DODY-TWISTING, so valuable for most of the internal and eliminative organs as well as one of the best abdominal strengtheners and reducers, is illustrated to-day. This must be practised without moving the original position of the knees and feet, which must be pointed toward

Stand with heels together, knees rigid, arms extended at sides. Bring the body from the waist line around to the right side as far as possible without losing balance and raise the arms until the dumbbells rest on the shoulders, as shown in the large picture.

-Lower the arms and bring body back to original position and then turn to the left side in the same manner. Inhale as the body is turned to the side, exhale as it returns to the front.

Answers to Health and Beauty Questions.

TRUNK RAISING EXERCISE- | som salts baths to reduce the breast. MABEL R.: The very fact that you define the struck raising exercise without your corsets on shows just growing girls.

Just plain camphor spirits rubbed in gently. This permanently reduces the breast and should not be used by growing girls. how much you really need it, and the muscles of the back must be strengthened through other trunk exercises, bending, twisting, swaying, &c., before you can master trunk raising, which is severe and must not be practised if it is difficult for you to

WEAK HEART—L. B.: I should advise you to consult your doctor about the weak heart, and you should not take any violent exercises at all. Deep breathing, stretching and relax-Deep breathing, stretching and relaxing completely after each movement SWIMMING-BERTHA S.: Swim-

ming will develop the muscles and at strout LEGS, THIN BODY—MRS, the same time remove excess fat. It is healthful and beneficial exercise. ETHEL D.: This is another question which has been answered repeatedly. If the fat is superfluous it may be removed through exercises. heel and too raising, bleyeling, which

The regard of the regions in the regions of the security of the regions of the re CHAPTER VIII.

Some of the many of the many set of the many set of rouse men from drunken set or roused men set or rouse

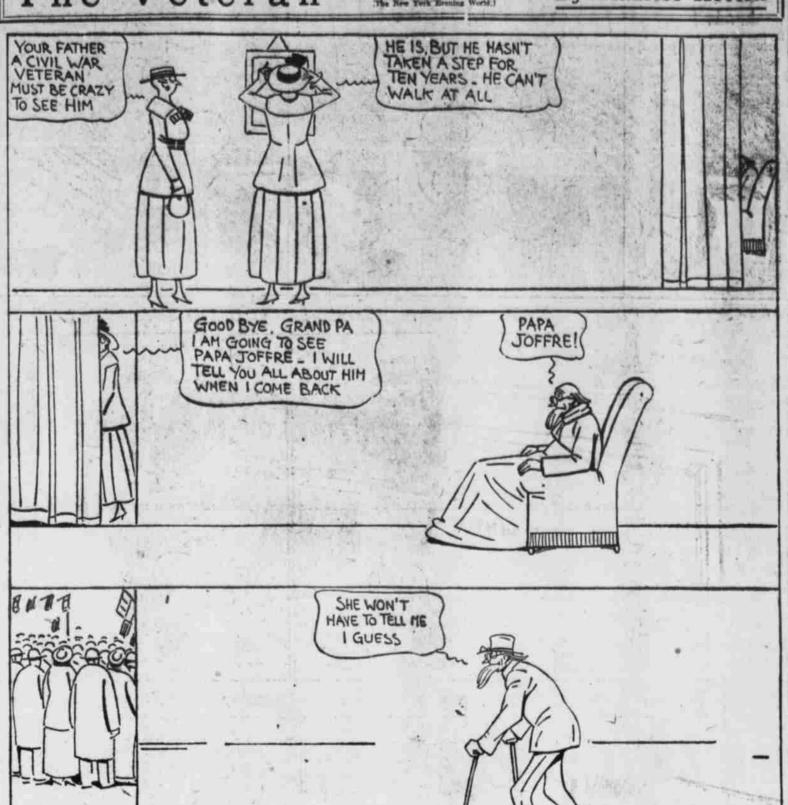
anne man.

I ran after him, but he had the Without hesitation I opened the start of me, and, moreover, proved gate, entered the street, and walked to be a swifter runner than I. I saw toward him. Has he slipped away in a moment that unless overtaken by nent and then slowly and care-Just a little way behind the en- gat gine."-The Christian Herald.

Evening World Daily Magazine The Veteran

Opporight, 1917.
by The Press Publishing Co.,
The New York Brening World.)

By Maurice Ketten



The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer

Outdoorland

er Family. ONE bright morning as hammering sound met their ears.

"What one that Some wood outters. perhaps," answered Bob. Then, he caught sight ing to a nearby

tree with one hand .

and holding his lips cautiously with the other. Following Bombus's directing finger Bob and Bees saw the small noisemaker in spron and hood working away at a hole in the tree trunk.

"Is he making a home?" whispered Bees. "No, he is catching insecta."

Hardly had Bombus said this when Mr. Woodpecker put his beak into the opening, found a lift of breakfast their and flew away with it.

"May we follow him?" asked both the original Bombus said they might.

On the war diffe ged-headed bird oreature looted a tanager's nest of its eggs and attempted to steal the fledglings out of a second boma, but the angry parents returned in the nick of time and rescued their darilings from, this pugnacious intruder. He was hot invited at a second boms, but the angry parents returned in the nick of time and rescued their darilings from, this pugnacious intruder. He was hot invited at within held did everything to "show off." After his burgiaring supedition he flew to a tree top and gave some spiendid invitations of thunder such as he is famous for.

So proud was he of this performance and so often did he repeat it, processor, Bombus) has told un

tations of thunder such as he is famous for.

So proud was he of this performance and so often did he repeat it, that Bob, Beas and also Bombus wearled of waiting for him to guide them to his abode. Instead they contented themselves with visiting his first cousin Mrs. Flicker.

Her home was a hole in one of the largest cake, and through the magic of Bombus the children were able to mount the dead limbs and peck into the one-roomed dwelling where eight eggs lay on a bed of coarse sawdust. "I wonder whether Mother and Father Flicker peck their home out, taking turns, and each working about twenty-five minutes at a time the way Mr. and Mrs. Red-headed Woodpecker form industry is what I wonder."

"I wonder if we could not take Mr. Woodpecker home with us to do thunder tricks and all that," sald Bob. "That is what I wonder."

"Would you take him even if you knew that to keep him caged would be to make him suffer?" asked Bombus. Bob did not answer. "I knew that you would not," sald the protection of the sorty and eteadily grew that you would not," sald the protection of the sorty and eteadily grew that you would not," sald the prosepah A Altsheler



and wings on the scoty walls. The white apron she were and her scarle; head shawl or mutch remained the same colors and quite unspotted. She had become a red-headed wood



By Joseph A. Altsheler

A Soldier of Manhattan

In Which an American Helps the King's Men to Take Canada

when I came to the front of the erous attempt was enough to infuriate house, which stood a bit back from even the meekest of human beings the sidewalk, I saw a man lounging and I did not claim to be such. But in the street twenty or thirty yards I only cut a gash in one of the bricks, away. His face was turned from me, for he had turned, circled about, and but the figure was not unfamiliar. I sped up Water Street, which was but knew in a moment that it was the dimly lighted.

I ran after him, but he had the

answer to these unspoken inquiries Kebedee did not reply, but, shading eleeply allowed my eyes to close. But his eyes with his hands from the I opened them again when I heard brilliant sunshine, gazed long in the fluff of something moving direction in which we know the kernel through the grass.

(To Be Continued.)

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